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NO JEANS FOR ME

SHANNON COOLY SIDE-STEPS MORALE-BOOSTING OFFICE-ATTIRE THEME DAY PAGE 8

WE DAY: A TOUCH OF MAGIC

NBA legend and Olympic gold medallist Magic Johnson addresses a crowd of roughly 15,000 students and supporters in Saskatoon as part of We Day Saskatchewan on Wednesday. Students from across the province had to earn their way into the event by performing two actions towards positive change, one locally and one globally. Craig Kielburger, co-founder of Free the Children, the organization that holds We Day, said the province should be very proud of its youth. More coverage and photo gallery on pages 2 and 3. MORGAN MODJESKI/METRO

Time to bring the upper house down: Province

'It needs to go.'
Saskatchewan repeals elected-Senate law, passes motion calling for abolition

Saskatchewan has repealed legislation that would have allowed for the election of Senate nominees and passed a motion calling for the abolition of the upper chamber.

Premier Brad Wall said the Senate has "failed the test of being effective."

"You know in rural Saskatchewan when a building is falling down, sometimes you can't save it, sometimes you've got to knock it down completely and rebuild," Wall said Wednesday after the votes.

"And there are members of our caucus, I think, that are interested in the possibility there. But the point is you have to abolish it first before you can rebuild it."

The premier said many senators have done great work, but he argued there are problems with the nature of the institution. Senators may toe a political party line in Ottawa and that may not be in the best interest of the province they represent, said Wall.

"It's the way it is. And if that's the way it is — and it's intractable in that way — it needs to go," he said.

The law was passed in 2009 and allows for elections to choose names to be put forward to the prime minister for Senate consideration. However, no election was ever held in Saskatchewan.

The motion is largely symbolic and is not a proposed constitutional amendment.

Wall said the province could consider a constitutional motion in the future, but he wants to hear what Canada's highest court has to say first. The federal government has asked the Supreme Court of Canada to give its opinion on how to achieve change in the upper chamber, an opinion that might not come for another year.

The premier has said he believes most people in Saskatchewan agree that the Senate no longer serves any useful purpose and is not worth the $100 million in taxpayer money spent on it each year.

Wall had been a proponent of Senate reform, but said this spring that he no longer believes meaningful reform is possible.

Saskatchewan New Democrats, who have long pushed for an end to the upper chamber, supported the vote to repeal the Senate Election Act and the motion in favour of abolishing the Senate.

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NEWS 1

15,000 students inspired to spark global change

We Day. Magic Johnson, Martin Luther King III in Saskatoon for event

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Thousands of students from across the province converged on Saskatoon's Credit Union Centre on Wednesday for Free the Children's We Day celebration.

The event thanks students across Saskatchewan for their efforts to initiate global and local change. Free the Children co-founder Craig Kielburger said he was excited to bring the event back to Saskatchewan for its second year.

"Schools here care and students care and we want to support them to continue this awesome local and global service," he said on Wednesday.

15,000 students earned their way to We Day by taking action in their communities and abroad, which included supporting 110 food banks, more than 40 shelters and 17 peer-support anti-bullying groups.

"The students here have done such awesome work helping locally and I think Saskatchewan has to be so proud of its sons and daughters."

The event also brought big name celebrities to Saskatoon, as NBA legend Magic Johnson and Martin Luther King III, eldest son of the iconic civil rights leader of the same name, were both at We Day to inspire Saskatchewan's youth.

Taking action

"Saskatchewan has to be so proud of its sons and daughters."

Free the Children co-founder Craig Kielburger, on We Day's return to the province.

"What you're doing, what We Day does, what Free the Children does, has created the opportunity for each of us to be part of changing our world for the better," King told the crowd at Credit Union Centre.

Johnson echoed King, telling students they have to fight discrimination and bullying by becoming more involved in their communities.

"We need you also to make sure you get involved in your school — to change your school," Johnson told the crowd. "Then I want you to change your city and your community by making sure you stay involved."

Approximately 425 schools from across Saskatchewan participated in Free the Children campaigns and charity efforts.

Premier honours past and present Canadian troops

Accompanied by two members of the Canadian Armed Forces, Premier Brad Wall hangs a wreath at the province's War Memorial following the government's annual Service of Remembrance for the Public Service, Wednesday morning, at the legislature. The service gave special recognition to the final rotation of Canadian troops in Afghanistan, as well as commemorating the 60th anniversary of the Korean War Armistice. In honour of this occasion, the federal government designated 2013 as the Year of the Korean War Veteran. MARCO VIGLIOTTI/METRO

Hospital security, corrections to work more closely after escape

The Saskatchewan government says it will implement six recommendations made after a prison inmate escaped from a Saskatoon hospital.

The Ministry of Justice says hospital security staff, as well as correctional staff who escort inmates, will work more closely together.

Another recommendation calls for improvements to hospital-duty training for correctional workers, including practical field-training exercises.

The inmate escaped from Royal University Hospital on April 9 by holding a razor blade to a guard's throat while he forced a second guard to take off the shackles.

The guards were not hurt and police caught the inmate later that day.

Corrections Minister Christine Tell could not say in April how the inmate got a hold of the blade, and that detail was not included in a news release.

CKBI/THE CANADIAN PRESS

Firearms. Trial date set for Mountie-killer's father

The father of convicted Mountie-killer Curtis Dagenais will go on trial in March on charges of unsafe storage of firearms and ammunition.

Art Dagenais was in court Tuesday in Prince Albert in relation to the charges laid last year following a search of his property by RCMP.

Last week, a judge deemed the search was unconstitutional because the warrant's conditions were not met, which means all evidence obtained in the search is inadmissible.

However, the Crown said Tuesday it intended to try Dagenais anyway.

His trial is set for March 17, 2014.

THE CANADIAN PRESS

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We Day Saskatchewan rocked Saskatoon on Wednesday as 15,000 students and supporters from across the province converged on Credit Union Centre for the event. Students had the chance to be inspired by a number of speakers including NBA legend Magic Johnson and human-rights advocate Martin Luther King III.

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Who can? We can!

1 Saskatchewan's got talent

Dancers from Abiding Lines Dance Company, Dance Ink and Def SOL Performance Company rock the stage.

2 Hands in the air

Canadian singer-songwriter Kay soaks up some of the energy at Credit Union Centre while performing her hit, Next to You.

3 A living legend

Martin Luther King III, eldest son of the iconic civil-rights leader, tells students to be the best they can be.

4 Brothers without borders

Free the Children's Marc, left, and Craig Kielburger get the crowd ramped up.

5 Let's go

Canadian pop singer Shawn Desman, who performed at the first We Day Saskatchewan, returned for this year's event as a host and performer, saying he's always inspired by the movement.

6 International impact

The Kenyan Boy Choir performs Bob Marley's legendary One Love.

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It's the details: Tories seek Senate answers

Questions, questions … The Conservative government is scrambling to figure out what the suspensions of three of its own senators actually mean.

Tuesday's suspensions of Mike Duffy, Pamela Wallin and Patrick Brazeau for allegedly fraudulent expense claims are without precedent and the government still hasn't figured out all the answers. Are the three entirely off the public payroll, as Prime Minister Stephen Harper claims.

Is Duffy eligible for a disability allowance?

Will the trio's time in political purgatory — as much as two years — count toward the six years of service needed to be eligible for a generous parliamentary pension?

Good questions — and it's up to the Senate to answer them, said Treasury Board President Tony Clement.

"You're asking very legitimate questions and there should be answers to those questions," Clement said, stressing that the Senate runs its own internal affairs.

"I honestly don't know the answer to that."

Claude Carignan, government leader in the Senate, called the questions "technicalities" that will be sorted out by the administration.

Wallin's lawyer, Terrence O'Sullivan, said she will consider legal action if the Senate tries to tamper with her pension eligibility.

THE CANADIAN PRESS

Quoted

"They've been making this whole process up as they go along."

James Cowan, Senate Liberal leader, claiming the Tories rushed the suspensions through.

Scandal on his doorstep: Prime Minister Stephen Harper answers questions in the House of Commons on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Not a care in the world? Toronto Mayor Rob Ford shows staffers' children around city hall on Wednesday — Take Your Kids To Work Day. CHRIS YOUNG/THE CANADIAN PRESS

Friends, foes tell Ford: Go, go, go

No, no, no! Toronto mayor refuses to step aside for a bit and get some help after his crack bombshell

Crack-smoking Toronto Mayor Rob Ford has united the political spectrum.

Both conservative and left-leaning politicians are telling him to step aside in the wake of his bombshell admission he has smoked crack cocaine during his time in office.

When the Toronto Star and the U.S. website Gawker first reported in May that a video showed the mayor smoking crack, Ford denied it and his closest allies stood by him.

But now that he has admitted to the drug use and police have said they have the video, politicians of all stripes are urging him to get help.

Deputy Mayor Norm Kelly said Wednesday: "I'm inviting him today … to take a pause with all its advantages, because it's the one option that looks after all of the issues on the table."

Ontario Opposition Leader Tim Hudak said that if Ford called him for advice he would tell him to put his family first and get healthy.

Fervent city hall ally Coun. Frances Nunziata said she and fellow supporters are urging him to take a leave of absence. "I was hoping he would listen to us."

THE CANADIAN PRESS

Making a hash (tag) of it!

The Twittersphere is buzzing — thousands have issued scolding tweets about the behaviour of Rob Ford.

- **Uh-oh.** Rob Ford, a professor at the University of Manchester in Britain has received a barrage of fiery tweets — and he's not too happy.
- **Not amused.** "It seems the other Rob Ford is in trouble again," the U.K.'s Ford tweeted. "Torontonians, I am not him. I am much more boring."
- **Last straw.** He also tweeted: "Not fat, not Canadian, not a mayor of anything."

Google it

Web giant floats a barge theory

Internet giant Google says it is exploring using a large barge as an interactive learning centre.

A Google statement Wednesday may help end weeks of speculation about structures on two barges, one being built in the San Francisco Bay, another off Portland, Maine.

"Google Barge … A floating data centre? A wild party boat? A barge housing the last remaining dinosaur? Sadly, none of the above," says Google.

"Although … things may change, we're exploring using the barge as an interactive space where people can learn about new technology."

Google did not specify in the statement if it was referring to both barges or, if just one, which one.

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In this photo from 2002, Palestinian leader Yasser Arafat pauses during Friday prayers in his headquarters in the West Bank city of Ramallah. Al-Jazeera is reporting that Swiss scientists have found evidence that Arafat died of poisoning, publishing a copy of what it said was the scientists' report on its website on Wednesday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS FILE

Arafat may have been poisoned

Report. Swiss scientists say the Palestinian leader's death could be due to a rare, deadly radioactive isotope

Swiss scientists have found evidence suggesting Yasser Arafat may have been poisoned, TV station Al-Jazeera reported Wednesday, prompting new allegations by his widow that the Palestinian leader was the victim of a "shocking, shocking" crime.

Palestinian officials have long accused Israel of poisoning Arafat, a claim Israel has denied. Arafat died under mysterious circumstances at a French military hospital in 2004, a month after falling ill at his West Bank compound.

The findings reported Wednesday appear to be the most significant so far in an investigation into Arafat's death initiated by his widow, Suha, and Al-Jazeera.

Last year, Switzerland's Institute of Radiation Physics discovered traces of polonium-210, a deadly radioactive isotope, on some of Arafat's belongings. Soil and bone samples were subsequently taken from Arafat's grave in the West Bank.

On Wednesday, Al-Jazeera published the Swiss team's 108-page report. The results "moderately support the proposition that the death was the consequence of poisoning with polonium-210," the report said.

Polonium is a rare and lethal substance. The element can be a byproduct of the processing of uranium, but usually is made artificially in a nuclear reactor or a particle accelerator.

The examination of Arafat's remains found "unexpectedly high levels" of polonium-210, the Swiss team wrote.

THE ASSOCIATED PRESS

Saudi Arabia

Huge crackdown on illegal workers leaves 1 dead, 16,000 arrested

Saudi police killed an Ethiopian migrant who tried to flee arrest, authorities said Wednesday, as a crackdown on foreigners working illegally in the kingdom widens with more than 16,000 arrests. The security sweep comes after months of warnings by the Saudi government, which has created a special task force who are combing shops, construction sites and restaurants in search of foreign workers without proper permits.

THE ASSOCIATED PRESS

Looking for 'closure.' Hijacker returns to U.S. from Cuba to face justice

An American who hijacked an airliner to Cuba nearly 30 years ago flew back home Wednesday to face U.S. justice.

FBI agents took William Potts, 56, into custody shortly after his flight from Havana landed at Miami International Airport, said an FBI spokesman. Potts faces a 1985 federal indictment for hijacking a Piedmont Airlines flight in 1984.

In interviews prior to leaving Cuba, Potts said he was seeking "closure" and hoped to convince U.S. prosecutors to give him credit for the 13-plus years he spent in Cuban prison for hijacking the flight.

Even though Potts could have stayed in Cuba, he decided to come home and take his chances with the legal system.

"It's time it had closure. Why leave it hanging, why leave this gaping uncertainty?" he said. "So I want to resolve that because … having completed my sentence, I feel like I want to put all that stuff behind me. I don't want that lingering over or impeding anything I might want to do. Once you've paid your debt to society you're entitled to a fresh start."

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Few movies pass new gender-bias rating in Sweden

Study. Of the top 100 U.S. films in 2011, women account for 33% of characters and 11% of protagonists

The director of movie theatre Bio Rio in Stockholm, Ellen Tejle, holds an A-rating certificate. Cinemas in equality-minded Sweden are using the test to highlight an absence of gender bias. AMI BRAMME/THE ASSOCIATED PRESS

You expect movie ratings to tell you whether a film contains nudity, sex, profanity or violence. Now movie theatres in equality-minded Sweden are introducing a new rating to highlight gender bias, or rather the absence of it.

To get an A rating, a movie must pass the so-called Bechdel test, which means it must have at least two named female characters who talk to each other about something other than a man.

"The entire Lord of the Rings' trilogy, all Star Wars movies, The Social Network, Pulp Fiction and all but one of the Harry Potter movies fail this test," said Ellen Tejle, the director of Bio Rio, an art-house movie theatre in Stockholm's trendy Sodermalm district.

Bio Rio is one of four Swedish movie theatres that launched the new rating last month to draw attention to how few movies pass. Most visitors have reacted positively to the initiative and "for some people it has been an eye-opener," said Tejle.

Beliefs about women's roles in society are influenced by the fact that movie watchers rarely see "a female superhero or a female professor or person who makes it through exciting challenges and masters them," Tejle said, noting that the rating doesn't say anything about the quality of the film. "The goal is to see more female stories and perspectives on cinema screens."

THE ASSOCIATED PRESS

Cars and smokestacks

Carbon dioxide levels at record high: UN

World carbon dioxide pollution levels in the atmosphere are accelerating and reached a record high in 2012, the UN weather agency said Wednesday.

The heat-trapping gas was measured at 393.1 parts per million last year, up 2.2 ppm from the previous year, said the Geneva-based World Meteorological Organization in its annual greenhouse gas inventory.

That is far beyond the 350 ppm that some scientists suggest as the safe upper limit. As the chief gas blamed for global warming, carbon dioxide's 2012 increase outpaced the past decade's average annual increase of 2.02 ppm. It's expected to cross 400 ppm by 2016.

THE ASSOCIATED PRESS

'Barbecued' for a cause

Animal-rights activist and co-founder of People for the Ethical Treatment of Animals (PETA) Ingrid Newkirk lies on a mock barbecue stand as a sign of protest in Mumbai on Wednesday. The action marks World Vegan Month, which celebrates health, environment and the animal-friendly vegan diet. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

A toxic relationship? Canadians have trouble trusting telecom providers

Complaints about wireless data, roaming and Internet bandwidth charges have more than doubled, with Canadian consumers showing increasing distrust of the bills they get from telecom providers, says the industry's watchdog group.

Billing charges involving these three issues generated customer complaints more than 1,500 times in the past year, according to the annual report by the Commissioner for Complaints for Telecommunications Services released on Wednesday.

The non-profit group helps resolve disputes between consumers and telecom service providers.

Howard Maker, commissioner and CEO of the organization, said people have difficulty understanding how their data use is measured and telecoms are falling short on explaining the charges.

"It's not tangible. People really have to rely on their service provider and many Canadians are not prepared to do that," said Maker.

He said the industry should do a better job of relaying how data charges accumulate.

THE CANADIAN PRESS

Hard to quantify

"You can't wrap your arms around a gigabyte of data."

Howard Maker, commissioner for Complaints for Telecommunications Services

The green rush: Pot sparking potent profits

KIERON MONKS
Metro World News in London

A year after the first three U.S. states legalized marijuana, it has become an irresistible commodity in a booming industry. Conformation of the revolution came in Seattle this week, where investors paid over $1,000 US just to attend a start-up fair and have the chance to buy in.

"It's an extremely professional event full of high-quality opportunities," says Isaac Dietrich, CEO of MassRoots, a social media app for consumers. The 21-year-old has secured $150,000 US in investment from hedge fund managers, and the only way is up.

"It's an incredibly exciting industry to be a part of," says Dietrich. "We're even drinking with companies competing with us, as there are so many new markets and more than enough money to go round. Every day there is more good news."

That news includes projected sales figures of over $2.3 billion US next year, according to investors circle ArcView, representing growth of 64 per cent — the fastest of any domestic industry. The federal government has not followed through on threats against states legalizing the plant.

And more states, particularly California and Arizona, are expected to legalize marijuana before the 2016 presidential election.

MassRoots has rolled legalization of pot in some U.S. states into a high-grade app. CONTRIBUTED

Mellowing out on marijuana

A recent Gallup opinion poll showed 58 per cent public support for full legalization. Jim Willett, 62, ex-navy and social conservative, is now among those pro-pot.

- "It's a much broader and more diverse type of company than the early days of just selling (marijuana) pipes," said Willett, who has made $750,000 US from a $150,000 US investment in a specialist marijuana security firm, and holds software and agricultural shares too.

How high can marijuana rise?

"The most important thing is ... taking it out of the hands of criminals, as well as creating jobs. Around half of Americans have used it already, and it can compete with alcohol's market share."

Dan Riffle of the Marijuana Policy Project

Market Minute

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Random biz fact of the day

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 4

metronews.ca/temp

Who's the boss?

Meet and grit: How to get ahead

You've likely heard the saying "It's not what you know, it's who you know."

While some might view temp work as just a way to make ends meet, it could be an opportunity to get a better job down the road.

Human-resources expert Laurie Ruettimann told monsterworking.com that being a temporary employee might not land you a full-time gig with a certain company, but the people you connect with could open up future employment doors for you. METRO IN EDMONTON

Social security

A way to get your foot in the door

While the money isn't always great, the payoff can be "unbelievable," said a consultant at Supertemp in Halifax, who declined to be identified.

"You meet a lot of clients and companies you wouldn't have a foot in the door with otherwise," she said, adding that about 25 per cent of Supertemp's clients transition to full-time work. METRO IN HALIFAX

GETTY IMAGES

Temp's Lack of Jeans Day Spirit Irks Co-workers

I walked into the office the next morning only to experience that sickening pang we all dread: jeans day — enforced perkiness among the girls, while the guys make theatrical, creepy, ass-gazing gropey faces in the lunchroom. No jeans for me.

My jacket wasn't even off when Sarah No. 3 stuffed a wad of documents covered with sticky notes into my hand. "I need these alphabetized like we did last week."

"Fine."

She stared at me.

"Is there a problem?" I asked.

"You know, it wouldn't have been so hard to throw on some jeans today."

"I'm not a very jeans-y person."

"Morale is really down around here and we need some fun."

"OK…"

"It's not even for us, Shannon. It's for the kids."

I gagged and then the phone rang: "Good morning. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. One moment, I'll connect you." Then the Danimal rolled up to the desk, winking like mad. "How was last night's, ummm … date?"

"Date? It wasn't a date. It was Mister McFunbury's for exactly 120 minutes."

"And what was Mr. Xu like?"

I wanted to keep my secret. "Nice enough. Limited English, though."

"Did he say anything about the company I should know about?"

Boy did he ever! "No. Mostly we just stared at the How I Met Your Mother reruns playing on the screen above the salad bar." A total lie. "I don't think he's very espionage-y."

"Oh." Danimal seemed let down.

Just then Kyle walked in with a delivery. "Hot and heavy at McFunbury's last night, huh?"

I was peeved. "What the —? It's none of your business, Kyle. And who told you?"

"I was driving back from the oil refinery. Saw you there with your date. Senior's Night, too—rocking!"

Jeans day — enforced perkiness among the girls, while the guys make theatrical, creepy, ass-gazing gropey faces in the lunchroom.

"The refinery? Why were you there?"

"I'm applying for a job."

"Oh." Kyle was acting as if he and I are somehow a real couple. At the same time, there I was getting surprisingly verklempt thinking of no more Kyle, with him working at that big gross refinery for the rest of his life.

Kyle said, "I'm sick of being a temp on wheels, and it's occurring to me that I'll never even be middle class let alone some big success story, and maybe I need to get my foot in the door at a place that is never going to go out of business — hence oil."

The phone rang; it was Xu. "Gotta take this, guys." I picked it up. "Good morning. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899."

Kyle and the Danimal lumbered off.

I lowered my voice into the receiver. "Hey Shoeboy. How you doing?" TO BE CONTINUED...

Random fact of the day

We're obsessed with hole foods:

- There are more doughnut shops in Canada per capita than any other country.

SOURCE: CBC.CA

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NOT GOING TO (C)RACK AND RUIN

HE SAYS

John Mazerolle
metronews.ca

Take a deep breath, everyone.

I'm not going to make a single crack-related pun, because as a front-line witness to this extraordinary week I think it would be in everybody's best interests if I made multiple crack-related puns.

I live in Toronto, and can't begin to explain how dreamlike it's been since police found the video of Mayor Rob Ford smoking cracky tabaccy.

It's one thing to see it from a distance and laugh, but when it's happening right in your city and — uh, hold on, the pro wrestler Iron Sheik just arrived at city hall to challenge Ford to a fight — as I'm writing this.

This will be my last column. I'm off to live in the woods.

Crack is wack: The last few days have been unreal even without professional wrestling; it's like I've been ingesting some intense, illegal narcotic that gives intense feelings of euphoria and disorientation. (EDS: Will be more specific when I think of one.)

As one example, Ford, again as I write this, is showing kids around city hall for Take Your Kids to Work Day. Meanwhile, one of the local news papers has published a lifestyle article, "How To Talk To Your Children About The Mayor."

I live in the Twilight Zone.

Ford is a surreal mayor to begin with. His successful platform of law, order and honesty from an average Joe is an awkward fit for a disorderly crack-smoking liar from a well-to-do family. He also says he's pro-car, but I'm starting to think the next round of court documents will show that whenever nobody's looking he hops on a bicycle.

At least half my conversations lately have been with friends from outside the city who ask: "So, uh… what's up with your mayor?" They ask in a curious but cautious tone, the way you might ask a friend about their upcoming sex change. "We love you no matter what, but could you explain it to me?"

Makes me wonder what it's like at home for people who support Ford. Do they get calls from out-of-province friends who say, "Saw your mayor smoking crack on the news. So jealous! Mine just flips burgers and cuts ribbons."

I used to try to explain Ford's appeal — the suburban support, the fiscal conservatives — but from now on I'm just going to say that 45 per cent of Torontonians adore crack. The city's just as liberal as you've heard, everyone! Pot, schmot. Legalize everything!

Besides, I'm not worried about our international reputation the way some people are. It's not like people aren't going to London, England, because of Mayor Boris, who from a distance sometimes seems like a Ford that drives on the left. And I don't think many people look at Jeffrey Dahmer and think, "Well, that's Wisconsin for you!"

I'm done worrying about Ford. As the mayor himself might say, we need to move forward, not crackward.

I say Toronto — and Canada — should embrace its crazy characters, the mayor included. Otherwise we might go insane. Or put another way, we laugh that we may not crack.

And … exhale.

ZOOM

Mudslinging? It's mud-singing!

DANIEL TRIM/REX FEATURES

Funny fish seem to be operatic

These wide-mouthed amphibious fish look like they are duetting in an audition for a singing talent show. Wildlife photographer Daniel Trim couldn't believe the strange display unfolding when he spent time watching a group of mudskippers (Oxudercinae).

He observed them pulling a range of funny poses as they languished in the mud at Krabi in Thailand.

"The two mudskippers became very aggressive and lined up side-by-side and postured making strange 'popping' and 'gurgling' noises before viciously attacking each other for several minutes. The loser did eventually retreat with only its pride in tatters," Trim said.

METRO

Living the life

- These amphibious fish live in the Indo-Pacific region and the Atlantic coast of Africa. Many species of mudskipper spend 90 per cent of their time on land.
- These fish fill their gill chambers with water, creating an oxygen tank that allows them to breathe out of water.

Quoted

"This may look like two drunk friends singing their hearts out but this is a territorial display as one male ventures too close to another's burrow."

Daniel Trim, 26, wildlife photographer

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Learning to code and design websites doesn't have to be a difficult or expensive project at all. Start with these three resources, and you can get started tonight in your own home at zero cost.

SCREEN GRAB

W3 Schools:

The grandaddy of them all, W3 offers free tutorials in pretty much any development technique you'll need to know in a clean and easy format. An easy recommendation for somebody looking to learn. (w3schools.com)

Code Racer:

Gawd! Lessons and tutorials are just soooooo boring, though, right? How about a little gamification, instead? Swiftly code your way through a series of challenges to get ahead of the competition on the race tracks. Badges. Achievements. It's like Candy Crush, but worth your time. (coderace.me)

Mozilla Developer Network:

A massive wiki curated by devotees of an open web, you'll find a great mix of demos, tutorials and developer guides. Brush up on your skills here before challenging foes on the Code Racer track if you happen to be a sore loser. (developer.mozilla.org)

Twitter

@metropicks asked: Canadians are known for politeness, hockey talents and Bryan Adams. Oh and a crack-smoking mayor. What do you think of our new reputation?

@serpentina66: At least now we can sit at the 'cool' table at the UN.

@MadonaW: People act like he's the only person in office that has done anything "bad" I say random drug tests for all politicians #whatnow

@Jihzay_: I bet a surprising amount of mayors smoke crack. Most just avoid video cameras.

@stopspanglish: Ahem, *Toronto* is known for having a crack-smoking mayor.

@Vokal_Apinyawns: @chelseahandler brought @TOMayorFord up on yesterday's show. I am concerned about our reputation. #RealPriorities

@livelifeinneon: only a matter of time before we had some scandal. Maybe now people will stop saying "Eh" to us all the time.

@SteveDodd: NO NO NO Toronto is known for its mayor. He doesn't represent Canada thank you.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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SCENE 2

Anchorboy: The Jay Onrait story

New book. One half of much beloved sportscast duo says the move to U.S. has brought them a wider television audience

BACKSTAGE PASS
Simon Hiatt
regina@metronews.ca

Jay Onrait's broadcasting career, which began in Saskatoon, is chronicled in his new book Anchorboy, which was released this week. CONTRIBUTED

Before becoming one half of Canada's most popular sports highlight presenting teams, and long before being drawn to the bright lights of Hollywood, Jay Onrait was himself a fresh-faced rookie in search of a job.

In the fall of 1998, he had just graduated from Ryerson University in Toronto and found his first broadcasting job with Global News in Saskatoon.

"It was my first on-air opportunity and I was ecstatic to get it," Onrait said in a telephone interview from Los Angeles.

"Saskatoon is one of those cities that's really near and dear to my heart."

Stories of his days in Saskatoon, including an ill-fated Halloween party and a shout out to his former Lawson Heights neighbourhood, are included in Onrait's new book Anchorboy, which was released Tuesday.

Onrait says he's always wanted to write and leapt at the chance to chronicle the ups and downs of trying to make it in television.

"There are some very positive chapters and there are some very negative chapters, but all in all I think there's an underlying element of humour through the whole thing."

Those laughs will come as no surprise to the legions of fans Onrait cultivated during his time working for TSN, where he became well known for his quirky delivery and banter with on-air partner Dan O'Toole.

The duo became wildly popular over the past decade of bringing highlights into Canadian homes and viewers were somewhat shocked when they announced they were leaving the network earlier this year to take a job Fox Sports Live on the new Fox Sports 1, which launched in August.

"I never thought that I would leave Toronto, I kind of thought I was locked in and maybe we'd do our show for another 10 years," Onrait said. "But sometimes you need to bite the bullet and go for it."

And so far Onrait says the decision to move has been a good one. The network brought them in to do essentially the same things that brought them to prominence in Canada, but for a much larger audience as the channel is available in more than 90 million homes.

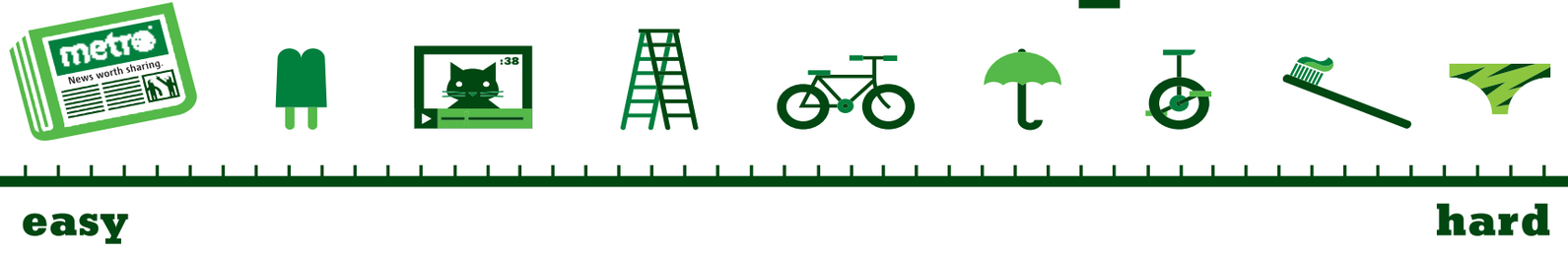
"We have been allowed complete creative freedom, we've been allowed to bring our podcast down and people seem to be enjoying that. I just can't say enough good things about the move."

Upcoming

Jay Onrait and Dan O'Toole reportedly signed two-year contracts with Fox Sports 1 and the Calgary native doesn't rule out the possibility of one day returning to Canada.

- **Notable quotable.** "No decision is forever in our industry, we can always return. But we didn't want 20 years from now to say, 'We had a chance in our late 30s to go to Los Angeles and we didn't do it, what the hell were we thinking?'" Onrait said.

Sharability



Maybe it's because the indignities suffered by unpaid college students and post-grads provides sexier fodder, but Hollywood is much more enamoured with interns than temps. The spotlight hasn't completely eluded temporary workers, although sunny movies about short-term desk jockeys are in short supply. Temp flicks tend to go dark.

MIKE DOJC/FOR METRO

5 Temps on film

Clockwatchers

Clockwatchers casts an incisive eye on the everyday travails faced by short-term jobbers (Toni Collette, Parker Posey and Lisa Kudrow) from nobody knowing your name to dealing with maladroit managers, and being shunned in the cafeteria by permanent co-workers. **Lasting Effect:** This office-culture classic set the bar for future films about mind-numbing drudgery, patronizing bosses, and grand theft office supplies.

The Temp

When a cookie company exec's admin assistant takes a leave of absence, the temp who fills in (Lara Flynn Boyle) appears to be a miracle worker. But alas, this is a thriller — so she could possibly be a psycho. That means there's a mounting body count and a twist at the end as tends to be the prerogative of early '90s flicks in the Basic Instinct mould. **Lasting Effect:** Lara Flynn Boyle's bad girl cred remains intact. She recently played the evil witch in Hansel & Gretel Get Baked.

In the Company of Men

In order to get revenge on womankind two middle managers (Aaron Eckhart and Matt Malloy) conspire to emotionally destroy a deaf temp. They make a pact to make her fall in love with each of them and then break her heart. **Lasting Effect:** Neil LaBute's filmmaking career achieved liftoff after this adaptation of his play. Critics salivated over this envelope pusher and kept on drooling until he remade The Wicker Man.

Haiku Tunnel

Absent both Japanese poetry or an underground passageway, this art house agony-of-office-work flick centres around a serial temp in both his career and personal life who is placed at a law firm where he takes on a permanent position. The change from temp to perm wreaks psychological havoc and the former temp can't seem to complete a menial task of mailing 17 of his boss' letters. **Lasting Effect:** The expression "go perm" received a mild pickup.

Office Space

This cubicle comedy about working stiffs driven to the edge by their Kafka-esque work environment is a Gen X fave. Office Space may not ostensibly be about temping but it's worthy of inclusion. The inspiration for this classic was a soul-sucking temp job director Mike Judge had in which he was tasked with alphabetizing purchase orders. **Lasting Effect:** A red Swingline stapler is featured prominently in the film but the company didn't have a model that colour — a set designer painted it. Spurred by rabid Office Space fans, Swingline debuted their Rio Red, still a hot seller.

Distribution Assistant (part time)

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Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Nov. 22nd, 2013.
PLEASE QUOTE: "Distribution Assistant (Part Time) - Saskatoon in the subject line.
All submissions will be treated as confidential.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

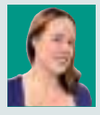
Justin Bieber. ALL IMAGES GETTY

Spray what you like about Justin but he loves graffiti

The website of Brazil's biggest news outlet published photos Wednesday it says show pop star Justin Bieber spray painting graffiti on a wall. And it adds that police want to question him about it. The O Globo newspaper reported that photographers snapped photos of Bieber as he painted graffiti on a wall of the former Hotel Nacional in Rio de Janeiro Tuesday morning. Defacing buildings is a crime in Brazil punishable by up to one year in jail and a fine. O Globo said police went to the mansion Bieber rented in Rio to question him, but he was not there. Phone calls and emails to the police department for more details went unanswered. Calls and emails to Bieber representatives Melissa Victor, Nick Styne and Aaron Rosenberg were not returned. In the Colombian capital of Bogota, where he performed last week, Bieber upset authorities when he spray-painted graffiti on a wall along one of the capital city's main avenues while being escorted by officers in a police car. THE ASSOCIATED PRESS

The Word

Is Will Smith stepping out with co-star Margot Robbie?



THE WORD
Dorothy Robinson
scene@metronews.ca

Will Smith reportedly had a steamy romp in a photo booth at a party with Focus co-star Margot Robbie, which may spell trouble for his allegedly shaky marriage to Jada Pinkett Smith, according to Star magazine. At the pre-Halloween bash in New Orleans, sources say Smith and Robbie slipped into the photo booth to pose for some snaps commemorating the night. "Once they pulled the curtain back to take the pictures, they let their inhibitions run wild, laughing, hugging and nuzzling each other in the dark," the source says. "He wasn't acting like a married man. He gave no signs that he was in a committed relationship." Smith and Robbie didn't stick around to collect the photos, though, as Smith's assistant snapped them up once they were printed. "After they left the party, they were gone all night," the source says. Apparently, Jada and Will Smith are living separate lives; they haven't appeared in public together since August. Smith has been in New Orleans for work since mid-September while Pinkett Smith has reportedly moved out of the family's home and is living with her brother, Caleb, in Calabasas, Calif. Is it bad that I'm OK with Will and Jada breaking up? They made it 15 years — that is several lifetimes for a union in Hollywood. What more do we want from them?

Tom Cruise

Cruise disgusted by article saying he abandoned Suri

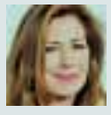
Tom Cruise isn't mincing words when it comes to his feelings about how In Touch Weekly and Life & Style have reported on him and his relationship to his daughter, Suri. During a deposition last month for his ongoing $50 million suit against the tabloids' publisher, Bauer Media, Cruise took to task a copy of Life & Style. "What I find most disturbing is that I have to sit here and look at this photograph of my daughter with 'Abandoned by Daddy'" written on it, he said, according to court documents obtained by TMZ. "'Has he chosen Scientology over Suri for good?' 'Abandoned by Daddy.' I mean come on, that is absolutely disgusting."

Abigail Breslin

Sun sets on Miss Breslin's innocent youth

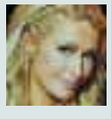
Little Miss Sunshine star Abigail Breslin is apparently all grown up at 17 years old — at least grown up enough to have a 25-year-old boyfriend. Breslin has reportedly "just started dating" All Time Low singer Jack Barakat, according to E! News. Breslin and Barakat were photographed together at the premiere for her latest film, Ender's Game, and he "visited her on the set of her new movie." Her rep had no comment.

Twitter



@DanaDelany
When I was 5, a raccoon took a sandwich out of my hand. I think he's outside my bedroom glass door. #truelove4ever

@NiallOfficial
I'm havin the weirdest few days with this jetlag! Weird stuff keeps happening to me!



@ParisHilton
Trying to decide what to do for New Years. Getting so many offers from around world from so many amazing places that it's hard to choose.

They give him Maison, when he's in need...

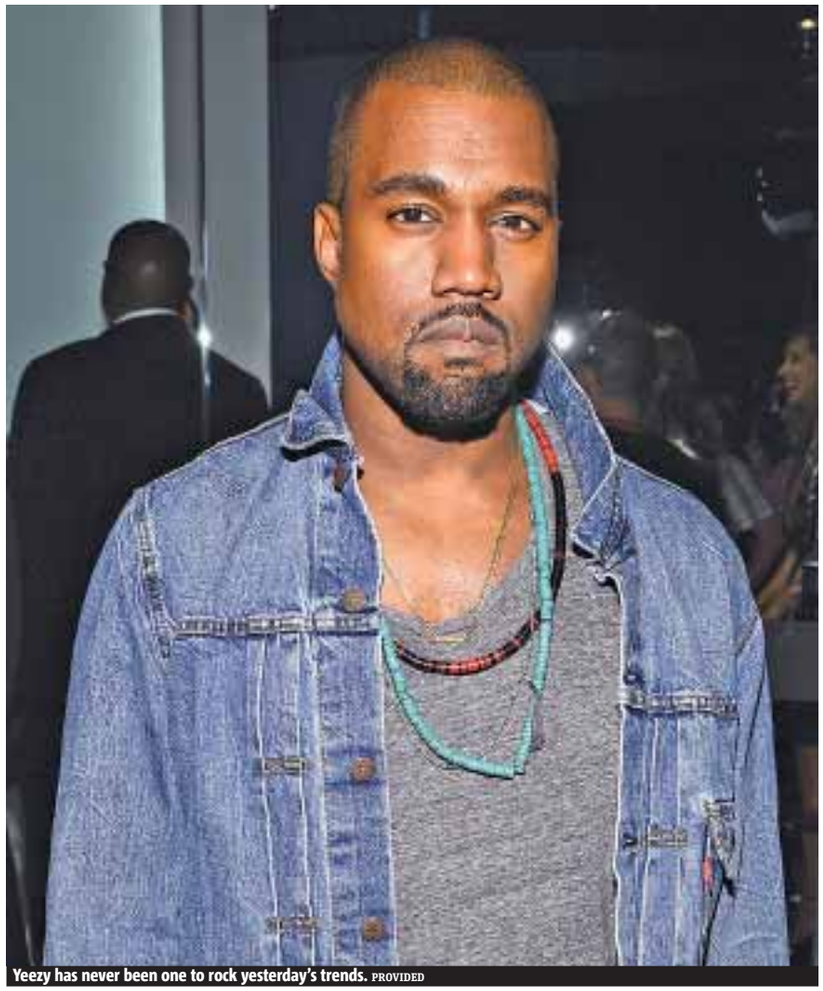
Tour de frock. From CD-Rom veils to re-purposed vintage gowns, Kanye West is determined to make fashion news, one way or another

ALICE TATE
Metro World News

It's been a big month for Kanye West. First, he puts a 15-carat rock on the finger of that small-time fiancée of his, Kim Kardashian. Next, he gets a giant wardrobe delivery courtesy of Maison Martin Margiela.

The French fashion house that has forever been shrouded in mystery has provided the singer with all of the outfits for his coming Yeezus tour. The extensive custom-made collection consists of 20 ready-to-wear pieces, 10 couture pieces, and a rumoured "exclusive" pair of trainers — we're intrigued.

The tour — the rapper's first solo concert trail in five years, which is taking him around North America — has unsurprisingly already garnered much music media attention. Heck, it even has its own Wikipedia page. But now, with the news of Margiela's involvement, it's caught the eye of the fashion world, too. We spoke to Margiela's team who answered the questions we were dying to know — except for the big one: will Margiela have any involvement in the wedding? For now, that one remains a mystery.



Yeezy has never been one to rock yesterday's trends. PROVIDED

How involved has Kanye been in designing the collection?
The collection is a re-work of Maison Martin Margiela's haute couture archive pieces. They have been chosen both by Kanye and the Maison. The Maison then researched new fabrics and volumes to reinterpret the pieces and match contemporary artist Vanessa Beecroft's scenography.

Can you guide us through some of the key pieces?
An elongated embroidered bomber jacket was remade from a 1900s lady's dress; a coat was made out of military blankets; and military jackets were assembled together to create an oversized cape. As for the veils, some have been re-interpreted from our archives, while others were created specially for the Yeezus tour. Four different veils complete the set— one is composed of marble pieces and another one is made from CD-ROMs. All are embroidered on a silk chiffon base.

How long has it taken to pull the outfits together?
It took approximately five weeks from the first piece of research to the final fittings.

Are celebrity relations and outfits a direction Margiela is looking to take?
The Maison still has a very discreet policy in terms of celebrity dressing but we always choose to work with people we feel close to.

Will any of the pieces from the tour retail?
None of these pieces will be sold. Similar sneakers can be found in store as they are Margiela classics but this pair were reproduced in special colours for the Yeezus tour.

Selective style

"The Maison still has a very discreet policy in terms of celebrity dressing but we always choose to work with people we feel close to."
Maison Martin Margiela team

Wanted. Maloles loafer

When you think of tortoiseshell you probably only associate it with eyewear. And rightly so, because it's rarely used outside of that narrow confine. That's why these Maloles loafers are Wanted-worthy — they take an underused material and make use of its full potential.

KIT GILBERT

Wanted. Eddie Borgo bracelet

Eddie Borgo will redefine how you look at cocktail jewelry. This gold-plated bracelet is inlaid with beautifully tonally balanced stones, including howlite, jade and oynx, bringing more to your jewelry box than your average, conventional cheap and cheerful pieces.
$746, mytheresa.com

KIT GILBERT

ELLE 3

A Grilled Maple-Glazed Apple Slice a day keeps the taste buds happy

The recipe makes about 1 cup of glaze, but you won't need all of it. The extra can be covered and refrigerated for several weeks. It is delicious over pancakes, waffles, French toast or ice cream. It also is great used on chicken, turkey and pork.

1. Glaze: In small, heavy-bottomed saucepan over low heat, combine maple syrup, cider and sugar. Stir to dissolve sugar, then add the cinnamon stick, star anise and cloves. Bring to a simmer and cook until reduced by about a quarter. Stir in 1 teaspoon of the soy sauce. Taste and adjust with more, if desired. Let cool to room temperature, then remove the spices.

2. Heat grill to medium-low.

3. With apple corer, cut out cores and seeds from apples, leaving apples otherwise whole. Setting the apples on their sides, cut each into 1/2-inch-thick rings. Brush both sides of each apple ring with oil.

Ingredients

Glaze:
- 1 cup maple syrup
- 1/4 cup apple cider
- 1/4 cup dark brown sugar
- 1 cinnamon stick
- 2 whole star anise
- 1/8 tsp ground cloves
- 1 to 2 tsp soy sauce (optional)

- 2 large tart apples, such as Granny Smith
- Vegetable oil

4. When the grill is ready, place the apple rings on the grill grates and cook with the grill covered for 2 minutes per side, or until they have deep grill marks on both sides. Brush the tops of the apple rings with glaze, then cook for another 2 minutes. Turn over, brush with more glaze, then grill for another 2 minutes. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Grilled Maple-Glazed Apple Slices

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

For your phone

Lush Mixed Drinks (iPhone; $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

The best guide to the most sought-after drinks, Lush uses playful animations and a simple navigation to make it easy to find and save drinks by flavour, ingredient and even movies.

Butter up your pork chops

The butter in this recipe balances and rounds out the smoke and the heat from the chipotle chili and the adobo sauce, and the toasted green pumpkin seeds add texture and eye appeal to the butter.

1. Butter: In a medium bowl mash or stir the butter until it is smooth and slightly fluffy. Add the chipotle, pumpkin seeds, chili powder and salt. Mix together, mashing with the back of a fork to make sure all the ingredients are incorporated. Taste, then adjust with additional salt, if needed.

2. Set a 6-by-12-inch sheet of kitchen parchment or plastic wrap on the counter. Spoon the butter onto it to form a log. Roll the butter up, then smooth out to form a round log about 5 inches long. Refrigerate until firm and easy to cut into rounds, about 15 minutes. The butter can be made in advance and stored, tightly covered, in the refrigerator for up to a week (or in the freezer for up to 3 months).

3. When ready to prepare the pork chops, prepare the grill for direct, medium heat cooking.

Pork Chops with Chipotle-Pumpkin Seed Butter

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. Remove the butter from the refrigerator and cut four 1/2-inch slices off of the log (you will have some butter left over) and set aside.

5. Meanwhile, use paper towels to pat pork chops dry. Brush with thin coat of olive oil, then season with salt and pepper.

6. Place the chops directly on the cooking grate and grill for 5 to 6 minutes per side. The chops will be done when they feel "firm" to the touch and register 140 F at the centre. Remove the chops from the grill and top immediately with a piece of the butter.

7. Let chops rest 5 minutes before serving and allow the butter to melt over the top as it rests. If desired, serve with a second round of butter. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Ingredients

Chipotle-Pumpkin Seed Butter
- 1 stick unsalted butter, softened
- 1 small chipotle chili in adobo sauce, drained and chopped finely
- 1 tbsp lightly toasted and cooled hulled pumpkin seeds (often called pepitas)
- 1/2 tsp ancho chili powder
- 1/2 tsp Maldon salt flakes or fleur de sel

Pork Chops
- 4 boneless centre-cut pork chops, 1-inch thick
- Olive oil
- Kosher salt and ground black pepper

Side. Skillet Cranberry-Apple Sauce & Pistachios

These fruits complement one another so wonderfully, there actually are numerous ways to combine them. You could even chop raw cranberries and apples, then toss them with sweetened lemon juice, red onion and minced jalapenos for a fresh salsa-like accompaniment.

1. In a large skillet over medium-high, melt the butter. Add the apples and cook until lightly browned on all sides, 5 to 7 minutes. Add the vinegar, water, brown sugar, cinnamon, cardamom and cranberries. Stir well and bring to a simmer. Cook until the liquid is thick and syrupy, 2 to 3 minutes.

2. Spoon the apple-cranberry sauce into a serving bowl, then top with the pistachios. Serve warm or at room temperature. THE ASSOCIATED PRESS

Ingredients

- 1 tbsp butter
- 4 large apples, peeled, cored and cut into 1/2-inch wedges
- 2 tbsp cider vinegar
- 1/3 cup water
- 2 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp ground cardamom
- 1 cup dried cranberries
- 1/4 cup crushed toasted pistachios

Double-duty daybeds

The daybed has been a furnishing staple for hundreds of years, and with good reason — it's the perfect blend of sofa and guest bed. It works in a small space as a double-duty piece, and in a large space, it can float in the middle of a room.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Chic and colourful

It's a stylish lounge by day, but flips out into an oversized queen bed by night. Lubi Turquoise Sleeper Daybed, $999, cb2.com.

Storage solution

Simple lines, a stylish tufted mattress and storage drawers mean this works as a spare bed or home-office perch. Stratton Daybed With Drawers, $2,090, potterybarn.com.

Two-sided perch

Because this is open on each side, it's the perfect two-sided perch when floated in the middle of a long room. Natuzzi Sassi Leather Daybed, $1,800, sears.ca.

The all-rounder

A bed, couch and storage all in one. Ikea PS Daybed, $599, ikea.ca.

Room for a crowd

Extra length and traditional lines make this custom piece hip and happening. Nine Foot Field Bench, $4,500 US, johnderian.com.

Entertaining

Don't be a guest at your own party

Is there really such a thing as carefree entertaining?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Though the era of domestic staff is long over, many people are still trying to convince the modern-day host that it's somehow possible to entertain at home stress-free while acting like a guest at your own party.

Well, I'm here to tell you that there is nothing further from the truth.

Yes, a get-together at your home can be done with a minimum of stress depending on how you plan your menu. Let me give you a few examples. If you're going to be cooking the dinner, choose menu items that you can make ahead of time. Then all you have to do is put them on the stove or in the oven, and pay them relatively little attention until they're ready. A beef stew, lasagna or roast chicken are great examples. Make your salad ahead of time too, so all you need to do when you serve it is to add your home-made dressing. Have your friends bring a ready-made cake for dessert. You, my readers, get the point.

But as for the question of whether you can act like a guest at your own party, the answer is — never.

You see, as a host, you have the important responsibility of ensuring your guests are having a good time. You want to make sure they always have a drink in hand, that the dip for your hors d'oeuvres is fresh, and that everyone has something to eat and, most importantly, someone interesting or fun to talk to. What this means is that you can never completely relax as a guest would.

You can and absolutely should have a good time — just don't confuse having a good time with abdicating your responsibilities as a host.

By all means have a good time at your own party, Charles says, but don't forget your responsibilities toward your guests. ISTOCK

FFUN
CRUISE
GETAWAY
Purchase a New or Pre-Owned vehicle
& Receive a CRUISE FOR 2*
HURRY, THIS IS A LIMITED-TIME OFFER! Come in TODAY!

Replacing old bathroom fixtures may not be in the budget, but you can still update the remaining decor — in this case, a shade and hanging lights amp up the retro theme, while a fresh colour palette keeps it contemporary. ISTOCK

Update a bathroom without throwing cash down the drain

Decor. If you can't afford to replace retro fixtures, decorate around them

Bathrooms covered in outdated tile with coloured sinks and bathtubs can be an eyesore for many homeowners, but instead of spending money gutting and renovating, the space can be updated by combining modern design and personal tastes.

When clients approach Victoria interior designer Nicole Scott about updating their washrooms, she said they are often tired of living in a room that represents a previous owner's or tenant's style.

"It is usually that people have said to me that there is this oppressive feeling of it being someone else's tastes and they want to change the feeling of it," she said.

Unlike larger rooms in a home, bathroom redesigns — as long as major fixtures aren't being moved — can be tackled by the homeowner.

Homeowners may have to develop their design around larger items in the bathroom that because of budget can't be removed, Scott noted.

"I think that the first thing people need to figure out is what is the overall feeling or style they want to achieve and then you can pick all of your colours and finishes based on that," she said. "If you live in an older home and like more traditional style you can pick fixtures and go in that direction.

"For tenants in an apartment who aren't able to change very much you may want to go with the retro feel of the tiles you can't change, and run with that."

Scott said even though washrooms can have limited wall space it's a great option to use unusual and interesting visuals. "One of the things I'm obsessed with right now is vintage soap labels," said Scott. "On eBay I just ordered some for myself and a client. We have these great vintage soap labels that you can frame inexpensively and put two or three on a wall. THE CANADIAN PRESS

Spend vs. save

- There are areas where Scott said it's worth spending the money. For example, even though there are products that are marketed as being suitable to cover laminate countertops, Scott said she would never paint a counter top.

A commitment to bold colour

Paint. If you're thinking of a bright feature wall, here are a few common mistakes to watch for

With bold paint colour becoming increasingly popular, many homeowners and interior designers are choosing to take the plunge with bright hues.

Bold feature walls and painted rooms are being seen more on the pages of magazines and design websites, and Kyla Bidgood, registered interior designer, said more of her clients are asking for the same.

"I think people have commitment issues with colour, but they want to experiment a little bit, and obviously the easiest way to do that is by not using paint," she said.

"You can use accessories, pillows, throw blankets or even area rugs to get pops of colour into a space without committing to paint your space."

But if you're looking at expanding the splash of colour onto your walls, Bidgood said it is important to consider balance.

Even though many people perceive white as a neutral and boring colour, it can be an important addition to a space if furnishings, accessories and artwork are bright and bold.

"White really draws your eye away from the wall to other furnishing, art and patterns," said Bidgood. "Navy blue and blacks make a piece of art with a white frame really pop, especially if the art is in a bright colour."

Bidgood said many people pick their paint colours based on the chip at the store. Instead of buying all your paint based on the chip, Bidgood said take small paint samples of several variations of the colour.

"It's really about finding the right hue, so if you have a colour in mind chances are what it looks like on the chip is going to be different than how it looks on the wall," she said.

"Get maybe three to five variations of the colour, and paint the swatches right on the wall and have a look at it in different types of lighting. Sit with it for a few days because you might have an idea of how it will look, but after a few days you may not love it as much anymore."

A common mistake Bidgood said people make when it comes to picking a wall colour is that it can be something they would choose in a fabric or piece of clothing.

"It doesn't necessarily translate to a larger surface like a wall," she said. "When you're picking a colour you often need to pick a colour that is slightly less intense because it is going to be very bold when you paint a large space."

THE CANADIAN PRESS

Resale value

- When it comes to using bright paint colours in a home, a concern is often how it might affect the resale of the property. But whether you go bold or safe and neutral, interior designer Kyla Bidgood said you're never going to great a space that everyone loves.
- "Chances are if you sell and someone moves in they will want to paint it again anyways," she said. "If I were to buy a house that was all beige, I would definitely be looking to paint it. It's not to say the neutrals are necessarily safe either."

A bright red door on a home decorated by Victoria-based interior designer Kyla Bidgood. JEN STEELE PHOTOGRAPHY

Victoria-based interior designer Kyla Bidgood perked up this home office with bright blue paint. JEN STEELE PHOTOGRAPHY/THE CANADIAN PRESS

Women's hockey

Canada edges U.S. early at 4 Nations

Natalie Spooner broke a tie on a 5-on-3 power play with 3:30 left and Canada beat the United States 4-2 on Wednesday night in the Four Nations Cup women's hockey tournament.

Megan Bozek and Josephine Pucci gave Canada the two-player advantage with delay of game penalties 1:18 apart.

Brianne Jenner added an empty-net goal with 12 seconds to go, Haley Irwin and Melanie Daoust also scored and Genevieve Lacasse stopped 21 shots for Canada.

THE ASSOCIATED PRESS

NHL

Blackhawks ground Jets

Jonathan Toews and Patrick Kane scored in the first period, leading the Chicago Blackhawks to a 4-1 victory over the Winnipeg Jets on Wednesday night.

It was the Blackhawks' fourth win in five games.

THE ASSOCIATED PRESS

Tennis

Nadal to finish 2013 in top spot

Rafael Nadal clinched the year-end No. 1 ranking for the third time by defeating Stanislas Wawrinka 7-6 (5), 7-6 (6) Wednesday in the quarter-finals of the ATP finals.

Nadal, who beat Wawrinka for the 12th time in as many matches, can't be overtaken by No. 2 Novak Djokovic. It's the first time since 2010 that the Spaniard, who returned from a seven-month injury layoff in February, ends the year as the top-ranked player.

THE ASSOCIATED PRESS

Rafael Nadal celebrates beating Stanislas Wawrinka on Wednesday in London. THE ASSOCIATED PRESS

Running back Kory Sheets was a big reason for the Roughriders' red-hot 8-1 start to the 2013 season. TOM SZCZERBOWSKI/GETTY IMAGES

2013 was tale of 2 Korys in Regina

CFL. Sheets not the same rusher as first half as Riders prep for semifinal clash with B.C.

The 2013 campaign has been a tale of two seasons for Kory Sheets and the Saskatchewan Roughriders.

Sheets was the CFL's biggest story at the halfway point of the year, rushing for 1,149 yards in leading Saskatchewan to a league-best 8-1 record. Sheets ran for over 100 yards in seven of those contests and was on pace to eclipse Mike Pringle's single-season record of 2,065 yards.

But Sheets was limited to just 449 yards in the six remaining contests — he missed three starts with a knee injury — and his 1,598 yards left him second in the CFL rushing race behind Calgary's Jon Cornish (1,813 yards).

A healthy Sheets gives the Riders an advantage with Sunday's weather forecast calling for -8 C temperatures, brisk wind with a chance of snow flurries. Also in Saskatchewan's favour is that B.C. was 3-6 on the road compared to 8-1 at the domed B.C. Place.

Saskatchewan won the season series 2-1, beating B.C. 35-14 at Mosaic Stadium on Oct. 19 in their last meeting. Sheets ran for 148 yards and a TD on 25 carries in that contest.

The Lions beat the Riders 24-22 in Regina on Sept. 22, holding Saskatchewan to 39 yards rushing on 12 carries without Sheets in the lineup. Sheets returned Oct. 4, rushing for 80 yards and two TDs in a 31-17 road victory over B.C.

A wildcard for B.C., though, could be quarterback Travis Lulay, who didn't face Saskatchewan during the regular season due to a shoulder injury. Backup Thomas DeMarco was just 50-of-100 passing versus the Riders for 641 yards with five TDs and seven interceptions.

Lulay, the CFL's outstanding player in 2011, is definitely B.C.'s offensive leader. After missing six games with the shoulder injury, Lulay took just 13 snaps in last weekend's 26-7 regular-season finale win over Calgary, finishing 3-of-4 passing for 54 yards.

The six-foot-two, 216-pound Lulay finished the season with a 64.6 completion percentage, 2,841 passing yards with 19 touchdowns against 11 interceptions. But he only had two 300-yard passing performances, both coming against Hamilton.

Lulay is expected to play Sunday but a Saskatchewan defence ranked first in fewest points allowed (22.1 per game) and interceptions (25) and third in sacks (57) will be a tough test. That, combined with Sheets' running ability, should get the Riders to the West Division final.

Pick: Saskatchewan.

THE CANADIAN PRESS

Better vs. B.C.

228

Kory Sheets might not have kept up his dominant pace in the second half of the 2013 season, but he did rush for 228 yards and three touchdowns against the B.C. Lions — this Sunday's opponent in the West semifinal — in weeks 15 and 17.

All-star breakdown

Calgary grabbed the most selections but the Saskatchewan Roughriders' Darian Durant and Ricky Ray of the Toronto Argonauts' were voted the top quarterbacks for the CFL West and East.

- Calgary grabbed a league-leading 10 spots on the West squad announced Wednesday.
- Durant finished the season with 4,154 passing yards and a league-leading 31 touchdown strikes.
- Saskatchewan's Kory Sheets was the runner-up to Calgary's Jon Cornish at running back.
- Other Riders selected were receiver Weston Dressler and Chris Getzlaf, offensive lineman Brendon Labatte, and defenders Alex Hall, Tearrius George, Dwight Anderson and Tyron Brackenridge.

4 SPORTS

No-fight club: Enforcers could be a dying breed

Jody Shelley is escorted off the ice after a fight as a Philadelphia Flyer in 2011. Enforcers like Shelley could be headed toward extinction as fighting is being phased out in the NHL and down the ranks of hockey. GETTY IMAGES FILE

NHL. Retired tough guy reflects on his career as hockey sees shift in rules, attitudes

Quoted

"You can't see what I've felt in a room with 20 guys knowing where I fit and knowing my value."

Ex-NHL enforcer Jody Shelley, on role as more than just a guy giving and receiving punches .

Jody Shelley had never been in a hockey fight before attending training camp with the QMJHL's Halifax Mooseheads in the 1990s. He figured fighting the biggest guy would get him noticed.

It worked.

"Then I didn't fight for four days and the assistant coach came up to me and said: 'Hey, great job the other day. But if you don't continue playing big, we've got a guy that's five-11 from Northern Quebec who we'd take over you,"' Shelley said in a recent interview. "And that was a subtle way of saying, 'Get going, do what you did Monday night or you're not going to be here Friday night."'

The six-foot-three Shelley eventually became the Mooseheads' captain, racking up 933 penalty minutes in 181 games along the way. If fighting didn't exist, it's unlikely he would've made the NHL, let alone play 627 games over the span of more than a decade.

"I wouldn't have even been on a roster. I wouldn't have made my major junior team," he said. "Not a chance."

With fighting on the decline in the NHL and the lower ranks of hockey, Shelley could be part of a dying breed of enforcers. He retired over the summer and became a broadcast analyst for the Columbus Blue Jackets but not before enjoying a respectable professional career.

Shelley's NHL stint took him from Columbus to San Jose to New York to Philadelphia, and along the way he gained an appreciation for his role as more than just a guy who gave and received punches.

"You don't go into it hoping to hurt anyone," the 37-year-old said. "You're just sticking up for your teammates and your organization and being proud of what you do and hopefully making everyone around you proud."

Shelley would have a hard time breaking into the NHL today. Forget even about the handicap of having to wear a visor and fight wearing a helmet — fighting itself isn't as much of a priority in the sport anymore.

A thoughtful speaker during his playing days, Shelley gets paid to offer his analysis now. But he isn't sure if fighting is heading toward extinction.

"It's tough to say," Shelley said after a long pause. "I would hope not. I would really hope not, but who knows?"

THE CANADIAN PRESS

Pulling punches

Through Tuesday, just 82 of 225 games played this season have included at least one fight, according to HockeyFights.com.

- There were a total of 30 in 86 playoff games last spring, and seven of those came in Game 3 of the Eastern Conference quarter-finals between the Canadiens and Senators.

Locker-room bullying

Dysfunctional Fins family hits home

CATHAL KELLY
Special to Metro

It's an important trope of sports that all of us who watch it sub in the word "family" when we think of "team."

That's what they're selling. You'll never be a brother. At best, you're a distant cousin. But you are all bound by a camaraderie.

This is why the NFL is jumping so hard on the Jonathan Martin-Richie Incognito story. It's gotten far more reaction, far more quickly than the concussion problem.

The concussion problem is a closed loop. It's players hurting players.

The Incognito problem — tormenting a teammate into some sort of breakdown — spins outward. It endangers the concept of family, and our imagined place in it.

GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON RICHIE INCOGNITO.

NFL. Peers say lack of leadership has led to turmoil among Dolphins

A leadership vacuum may have contributed to the troubled relationship between Miami Dolphins offensive linemen Jonathan Martin and Richie Incognito, which has left both players sidelined and the team in turmoil.

The ongoing saga has raised questions about whether coach Joe Philbin and his staff were negligent in allowing issues between Martin and Incognito to fester. Current and ex-players around the NFL say the situation reflects a lack of leadership because teammates of Martin and Incognito didn't intervene.

NFL officials are trying to determine who knew what when, and whether Incognito harassed or bullied Martin. A second-year tackle from Stanford, Martin left the team last week and is with his family in California to undergo counselling for emotional issues. Incognito has been suspended indefinitely.

A senior partner in a New York law firm with experience in sports cases was appointed Wednesday by NFL commissioner Roger Goodell to investigate possible misconduct in the Dolphins' workplace and prepare a report that will be made public.

Jonathan Martin
THE ASSOCIATED PRESS FILE

"If the review reveals anything that needs to be corrected, we will take all necessary measures to fix it," Philbin said. "I believe in our players, I believe in our staff, I believe in our organization, the people around here. I know why I got into coaching, and I believe in the things that I've done."

The team built by Philbin and general manager Jeff Ireland has undergone heavy roster turnover after losing records each of the past four years. Of the 53 players on the squad, 20 are new to Miami this season.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	16	9	5	2	40	41	20
Boston	14	8	5	1	38	28	17
Montreal	16	8	7	1	43	34	17
Ottawa	15	5	6	4	46	48	14
Florida	15	3	8	4	31	53	10
Buffalo	17	3	13	1	31	53	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
Washington	15	8	7	0	50	42	16
NY Islanders	15	6	6	3	47	50	15
Carolina	15	5	7	3	29	45	13
NY Rangers	14	6	8	0	26	40	12
Columbus	14	5	9	0	34	40	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	14	4	9	1	22	39	9

Wednesday's results
Pittsburgh at NY Rangers
Winnipeg at Chicago
Nashville at Colorado
Phoenix at Anaheim

Tuesday's results
Dallas 3 Boston 2 (SO)
Ottawa 4 Columbus 1
Washington 6 NY Islanders 2
Edmonton 4 Florida 3 (OT)
St. Louis 3 Montreal 2 (SO)
Carolina 2 Philadelphia 1 (OT)
Minnesota 5 Calgary 1
Phoenix 3 Vancouver 2 (SO)
Buffalo 5 San Jose 4 (SO)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
Minnesota	16	9	4	3	43	35	21
St. Louis	13	9	2	2	47	31	20
Nashville	14	7	5	2	31	40	16
Dallas	15	7	6	2	40	44	16
Winnipeg	16	6	8	2	39	47	14

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	12	3	1	52	40	25
San Jose	15	10	1	4	57	32	24
Phoenix	16	11	3	2	54	48	24
Vancouver	17	10	5	2	48	44	22
Los Angeles	15	9	6	0	43	40	18
Calgary	15	6	7	2	43	54	14
Edmonton	16	4	10	2	40	62	10

Note: Two points for a win, one point for overtime loss.

Thursday's games
All Times Eastern
Minnesota at Washington, 7 p.m.
Florida at Boston, 7 p.m.
Montreal at Ottawa, 7 p.m.
NY Islanders at Carolina, 7 p.m.
NY Rangers at Columbus, 7 p.m.
New Jersey at Philadelphia, 7 p.m.
Dallas at Detroit, 7:30 p.m.
Edmonton at Tampa Bay, 7:30 p.m.
Calgary at St. Louis, 8 p.m.
Buffalo at Los Angeles, 10:30 p.m.
Vancouver at San Jose, 10:30 p.m.

Friday's games
New Jersey at Toronto, 7:30 p.m.
Nashville at Winnipeg, 8 p.m.
Calgary at Colorado, 9 p.m.
Buffalo at Anaheim, 10 p.m.

MLS PLAYOFFS

CONFERENCE SEMIFINALS

EASTERN CONFERENCE

NEW YORK VS. HOUSTON

Wednesday's game — All Times Eastern
Leg 2 — Houston at New York, 8 p.m.

SPORTING KC VS. NEW ENGLAND

Wednesday's game
Leg 2 — New England at Sporting KC, 9 p.m.

WESTERN CONFERENCE

PORTLAND VS. SEATTLE

Thursday's game
Leg 2 — Seattle at Portland, 11 p.m.

REAL SALT LAKE VS. LA GALAXY

Thursday's game
Leg 2 — LA Galaxy at Real Salt Lake, 9 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	5	0	1.000	—
Philadelphia	3	2	.600	2
Orlando	3	2	.600	2
Miami	3	2	.600	2
Charlotte	3	2	.600	2
Atlanta	2	2	.500	2½
Cleveland	2	2	.500	2½
Detroit	2	2	.500	2½
Brooklyn	2	2	.500	2½
Toronto	2	3	.400	3
Milwaukee	1	2	.333	3
Chicago	1	3	.250	3½
New York	1	3	.250	3½
Washington	1	3	.250	3½
Boston	1	4	.200	4

WESTERN CONFERENCE

	W	L	Pct	GB
Houston	4	1	.800	—
Golden State	3	1	.750	½
San Antonio	3	1	.750	½
Minnesota	3	1	.750	½
Phoenix	3	1	.750	½
Dallas	3	1	.750	½
Oklahoma City	2	1	.667	1
L.A. Clippers	3	2	.600	1
Memphis	2	2	.500	1½
Portland	2	2	.500	1½
L.A. Lakers	2	3	.400	2
Sacramento	1	3	.250	2½
New Orleans	1	3	.250	2½
Denver	0	3	.000	3
Utah	0	5	.000	4

x - clinched playoff berth; **y** - division; **z** - conference.

Wednesday's results
Orlando 98 L.A. Clippers 90
Washington 116 Philadelphia 102
Charlotte 92 Toronto 90
Indiana 97 Chicago 80
Boston 97 Utah 87
Golden State at Minnesota
Cleveland at Milwaukee
New Orleans at Memphis
Phoenix at San Antonio
Dallas at Oklahoma City

CFL PLAYOFFS

DIVISION SEMIFINALS

EAST DIVISION

Sunday's game — All Times Eastern
Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

WEST DIVISION

Sunday's game
B.C. at Saskatchewan, 4:30 p.m.
Byes: Toronto (East), Calgary (West)

Horoscopes

♈ Aries
March 21 - April 20
Do you feel good about yourself or do you feel guilty about some of the things you have done? If it's the latter, don't worry: fate is about to provide you with an opportunity to make amends. Take it.

♉ Taurus
April 21 - May 21
If you have something to say, say it now because after today it won't be so easy to find the right words. It does not matter if you are right or wrong, it matters only that you get your opinions out into the world.

♊ Gemini
May 22 - June 21
Make an effort to talk to people about your dreams today. Don't be shy: Let them know what it is you desire most and how you intend to get it. If they are aware of your needs, they may be able to assist you.

♋ Cancer
June 22 - July 23
No matter how much you were looking forward to some down time over the next few days, the planets indicate you will have to put your social plans on hold for a while. It's your fault for leaving a task half-finished.

♌ Leo
July 24 - Aug. 23
Be wary of someone who wants to know all about you. It could be they are being friendly but it could also be they are looking for information they can use against you.

♍ Virgo
Aug. 24 - Sept. 23
You may think you have to adjust your long-term ambitions but from the look of your chart, you should let the current scenario work itself out.

♎ Libra
Sept. 24 - Oct. 23
Learn how to adapt because if you don't, you will be left behind. The world is changing by the day, the hour, the minute, and you must change with it. It's a matter of survival.

♏ Scorpio
Oct. 24 - Nov. 22
Is someone trying to confuse you or are you confusing yourself? From the look of your solar chart, it is most likely the latter. Get your head and then your act together! Life is simple when reduced to its essentials.

♐ Sagittarius
Nov. 23 - Dec. 21
The only way to resolve a disagreement is to refuse to argue about it. You should know by now that some people are so extreme in their views that they can never be reasoned with. Ignore them.

♑ Capricorn
Dec. 22 - Jan. 20
Jupiter, planet of good fortune, turns retrograde today but that does not mean your lucky streak is about to end. It does mean though that you need to take other people's feelings into account a bit more.

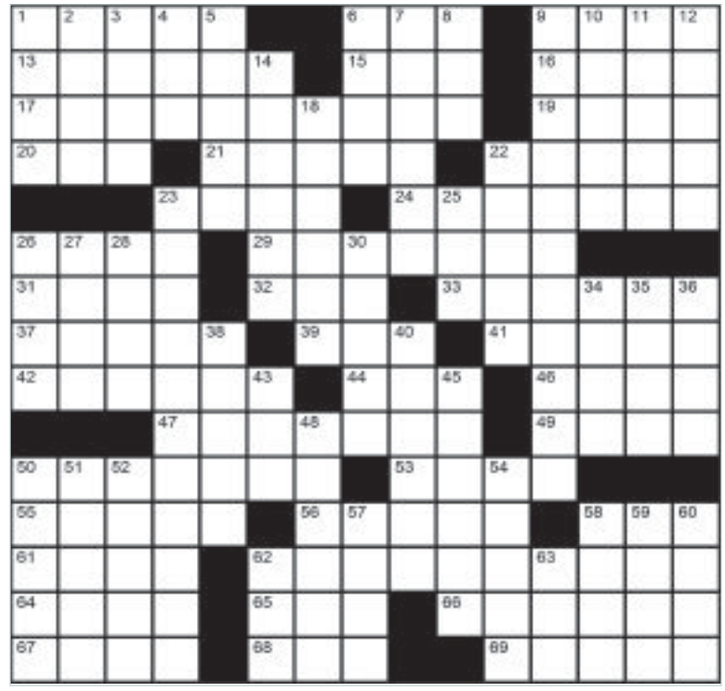
♒ Aquarius
Jan. 21 - Feb. 19
You may feel sorry that a friend is having problems but is there anything practical you can do to help? If there is, do it. If there isn't, stay out of the way.

♓ Pisces
Feb. 20 - March 20
A decision will have to be reviewed in the light of new information and, you must admit that you got it wrong. Mistakes are a fact of life. It's whether you learn from them that matters. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



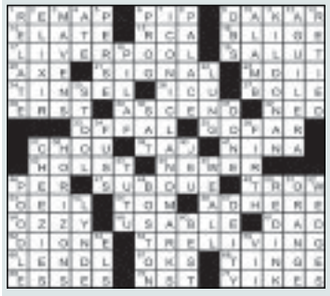
Across

1. Toronto's CFL team, commonly
6. Fall behind
9. Alphabet sequence
13. Internet: 2 wds.
15. 1954 Rosemary Clooney hit: "This __ House"
16. "I need _ __." (Dusting demand)
17. Springdale, Newfoundland born actress Natasha
19. Fun construction set
20. Roosted
21. Trumpet-playing Muppet
22. "The Six Million Dollar Man" character Mr. Goldman
23. Horn honk
24. Sky's streaks of light
26. "Good Times" disco group
29. Airport northwest of Montreal
31. Wood strip
32. Singer Ms. Sumac
33. One of classical music's 'Three Bs'
37. Saint __ Mountains (Range where Mount Vancouver is)
39. Author Ms. LeShan
41. Violinist Mr. Stern
42. PMO = Prime Minister's __
44. Suffix meaning 'Sort of'
46. "Howdy!": 2 wds.
47. Bar sing-a-long
49. Panache
50. Much-studied-a-subject expert
53. Some trees
55. Secret chest
56. Things over there
58. Mantric syllables
61. Pines
62. "Hockey Night in Canada", for one: 2 wds.
64. Potato __ (Sort of soup)
65. Furthermore
66. Serena Ryder hit
67. Water's whirl-ee
68. Research paper, e.g.
69. Ms. Spacek

Down

1. Olympics participants, for short
2. Ms. Perlman
3. Fine fellow
4. Famous talk show maven ...her initials-sharers
5. Ready, __, __!
6. City in Poland
7. Sault Ste. Marie: __ University
8. Barry Gibb, Bee __
9. Makeup kit items: 2 wds.
10. __-Roman wrestling
11. Rock singer Sammy who has fronted Van Halen
12. Mr. Stravinsky's
14. Like a floor-sweeping implement
18. Sooner or later: 2 wds.
22. SNL alum Cheri
23. 1892 ballet The Nutcracker composer, b.1840 - d.1893
25. Reflux
26. Mark Antony's love, for short
27. Fifty percent
28. "I can't help __ __..." (Excuse start)
30. Car's dashboard item
34. Salute
35. SNL alum Ms. Rudolph
36. Glance over
38. Reduce, __ back on
40. Request: 2 wds.
43. 'E' in BCE
45. Stickups
48. Lada Gaga's new album
50. Vogue concern
51. "With Arms Wide Open": 2000 hit for what band?
52. Perfected
54. Breaks
57. Laugh-a-minute
58. Electrical resistance units
59. Cleaning implements
60. Affect, as opinion
62. Bering, e.g.
63. "...or __ _ thought."

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	2	4	8	6	9	3	5	1
8	9	1	7	5	3	4	2	6
5	3	6	1	2	4	9	8	7
3	4	5	2	8	1	7	6	9
9	1	7	5	3	6	2	4	8
2	6	8	9	4	7	5	1	3
4	7	3	6	1	2	8	9	5
6	5	2	3	9	8	1	7	4
1	8	9	4	7	5	6	3	2

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November 8-14, earn **5X** the AIR MILES reward miles when you spend $50 or more.[1]

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November 8-10, earn **10X** the AIR MILES reward miles when you spend $80 or more.[2]

STAPLES – that was easy.®

November 8-10, earn **20** BONUS AIR MILES reward miles when you spend $75 or more.[3]

The Children's Place

November 8-10, earn **20** BONUS AIR MILES reward miles when you spend $60 or more.[4]

The Shoe Company

November 8-10, earn
7X the AIR MILES reward miles on each item when total purchase is $120 or more. SKU: 991-811-981-0001
OR
5X the AIR MILES reward miles on each item when total purchase is $80 or more. SKU: 991-811-980-0001[5]

Shell

November 4 – December 8, earn
10X the AIR MILES reward miles with Shell V-Power premium fuel.
OR
2X the AIR MILES reward miles with Shell Bronze, Silver or Diesel fuel.[6] No coupon required![6] Min $30 fuel purchase per transaction.[6]

RONA

Until November 27, earn **3X** the AIR MILES reward miles on any purchase of $60 or more before taxes. Coupon required.[7]

marlin travel

November 1-30, earn **250** BONUS AIR MILES reward miles when you book a Transat Holidays or Nolitours sun vacation.[8]

AIR MILES Travel and More

For more information, go to airmiles.ca/holidayevent4

1 Michaels: AIR MILES Bonus offer valid November 8-14, 2013 on a purchase of $50 or more including taxes and service fees. Offer valid at participating Michaels locations in Canada, excluding Quebec. AIR MILES Collector Card must be presented at time of purchase. Qualifying purchase must be spent in a single transaction. No coupon required. Offer applies to the total base reward miles earned on a qualifying purchase. Michaels base offer is 1 reward mile for every $25 spent in each calendar month. Does not include Michaels® Buy the Bunch™ Customer Special Order Service. Other exclusions may apply. Reward miles will be posted to AIR MILES Collector Account within 60 days of purchase date. Michaels and the Michaels logo and other trademarks and logos used on this site are owned or licensed by Michaels Stores, Inc. All rights reserved. ®™Trademarks of AIR MILES International Trading B.V. 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Please allow 8 weeks post-promotion for Bonus reward miles to be credited to your Collector Account. Base offer is 1 reward mile for every $30 spent at any Toys"R"Us and Babies"R"Us store location and online at toysrus.ca and babiesrus.ca in each calendar month after all discounts and exclusions (listed above) are applied. ®™Trademarks of AIR MILES® International Trading B.V. used under license by LoyaltyOne, Inc. and Toys"R"Us (Canada) Ltd. **3 Staples:** Offer valid November 8-10, 2013. Earn 20 Bonus AIR MILES reward miles on eligible purchase(s) with a net transaction of $75 or more in a single transaction, after discounts and before taxes. AIR MILES Collector Card must be included at time of purchase. Offer valid at all participating STAPLES in-store locations. Not valid on phone or online orders at Staples.ca. 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